



# Rustic Roasted Veg & Pearl Couscous

with Kale, Marinated Goat Cheese & Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Tomato



Carrot & Zucchini Mix



Garlic & Herb Seasoning



Kale



Pearl Couscous



Vegetable Stock Powder



Parsley



Marinated Goat Cheese



Flaked Almonds



Chicken Breast

Prep in: 15-25 mins  
Ready in: 30-35 mins



Calorie Reduced\*

\*Custom recipe is not Calorie Reduced

It's easy to get your veg in when you roast them with our garlic and herb seasoning... and even easier when they're teamed with delightfully doughy, perfectly dressed pearl couscous, not to mention the MVP: marinated goat cheese for creaminess and tang.

Eat Me First

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar, Honey



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
carrot & zucchini mix	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
kale	½ medium packet	1 medium packet
pearl couscous	1 medium packet	2 medium packets
<b>water*</b>	1¾ cups	3½ cups
vegetable stock powder	1 medium sachet	1 large sachet
parsley	1 packet	1 packet
marinated goat cheese	1 packet	2 packets
<b>balsamic vinegar*</b>	1 tsp	2 tsp
<b>honey*</b>	1 tsp	2 tsp
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2274kJ (543Cal)	578kJ (138Cal)
Protein (g)	20.9g	5.3g
Fat, total (g)	21.4g	5.4g
- saturated (g)	8.1g	2.1g
Carbohydrate (g)	64.1g	16.3g
- sugars (g)	12.7g	3.2g
Sodium (mg)	1357mg	345mg
Dietary Fibre (g)	8.6g	2.2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2990kJ (715Cal)	536kJ (128Cal)
Protein (g)	57.5g	10.3g
Fat, total (g)	23.9g	4.3g
- saturated (g)	8.9g	1.6g
Carbohydrate (g)	64.2g	11.5g
- sugars (g)	12.7g	2.3g
Sodium (mg)	1427mg	256mg
Dietary fibre	8.8g	1.6g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW21



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **tomato** into thick wedges.
- Place **tomato** and **carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and toss to coat. Roast until almost tender, **15-20 minutes**.
- Meanwhile, roughly tear **kale leaves (see ingredients)**, then discard the stems.
- When the veggies are almost tender, add **kale** and a pinch of **salt** to the tray. Gently toss to combine. Roast until tender, a further **5-8 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

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## Get prepped

- Meanwhile, roughly chop **parsley**.
- In a small bowl, add a generous drizzle of **oil** from the **marinated goat cheese**. Add the **balsamic vinegar** and **honey**. Whisk with a fork to combine. Season to taste.
- Stir the **dressing** through the cooked couscous. Season to taste.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks. While the couscous is cooking, heat a large frying pan with a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.

2



## Cook the couscous

- Meanwhile, in a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Add the **water** and **vegetable stock powder**. Bring to the boil, then simmer, uncovered, until couscous is tender and water is absorbed, **10-12 minutes**.

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## Serve up

- Divide rustic roast veggies and pearl couscous between plates.
- Top with crumbled goat cheese.
- Garnish with **flaked almonds** and parsley to serve. Enjoy!

**Custom Recipe:** Top rustic roast veggies and pearl couscous with chicken to serve.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.au/rate](https://hellofresh.co.au/rate)